

**POSE OF THE MONTH**  
**June 2007**

**Garbha Pindasana** – (Embryo in the womb) Garbha means womb, pinda means embryo. Indeed we are making ourselves like an embryo in the womb in this posture! This posture is particularly good for females as it strengthens the uterus, it is good during pregnancy and is said that it helps prepare the fetus for correct positioning at birth, it is beneficial for a pregnant woman and may be practiced up through the first trimester. After all it is said that we rock and roll clockwise nine times signifying the nine months of gestation.

**Kukkutasana** – (Rooster pose) here our arms and hands resemble the legs and claws of a rooster. I noticed in Yoga Mala that P.Jois has a vinyasa between Garbha Pindasana and Kukkutasana, my guess is over the years due to time this vinyasa has been eliminated.

**Method:**

- ☯ From downward dog hop through to Dandasana
- ☯ Inhaling place your legs in louts, RIGHT LEG FIRST, then exhaling thread both your arms through the opening between your thigh and calf (I like to thread my left arm through first-then pull the left lower leg up a little and slip the right arm through, palm up aiming your right hand toward your groin as you thread it through. It is helpful to first thread through with your palm up, trying to through past your elbows), bend your elbows and if possible catch your ears or your chin Hold here balancing on your sitz bones for 5 deep breaths while pressing both heels in on either side of your navel.
- ☯ Bend your head forward take hold of the crown of your head and exhaling roll back on the spine, inhaling roll forward on the spine as you go around in clockwise motion (while your hips are in the air swivel them to the right to help with this motion). If possible roll directly on the spine (if this is painful pad your mat up underneath you), this rolling on the spine helps to align the vertebrae. Be careful not to swing your neck or legs as you rock and roll; instead pull your legs in tight with your arms as you round your spine and use your bandhas to rock.
- ☯ When a full circle has been completed-preferably as you begin your 10<sup>th</sup> roll, take a big inhale roll up with a little more force to balance on your palms lifting your body off the floor and lifting the back and chest fully, this is **Kukkutasana**. While in Kukkutasana release mula bandha and do uddiyana bandha and nauli as much as possible while deeply breathing and keeping the heels pressing in on either side of your navel. Hold Kukkutasana for five deep breaths.
- ☯ Exhale release down, pull your arms out ground your hands by your hips pick up and pull through while in lotus and jump back for vinyasa.



**Options:**

- ☯ Coming into full lotus may take years for our western bodies that have adapted to sitting in chairs instead of on Mother Earth. If this is the case for you, continue to work on your lotus positions in other poses, instead in this pose cross your legs wrap your arms around your legs with an underhanded grip (palms up), catching your feet.
- ☯ Round your spine, tuck your chin, isometrically push your arms and legs into each other, and begin your rock and roll. In this position it is much easier to swing the head or legs to get momentum—PLEASE DO NOT DO THIS! Let the rocking movement come out of the connection with your breath and bandhas. If you are challenged with rocking and rolling on your spine this can be due to two reasons, 1) weak abdominals or 2) a rigid spine that does not flex. If either of these is the case for you, practice the rocking back on your spine training the abdominals and the spine, do not add the clockwise motion until you are able to rock and roll smoothly.





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ॐ On your 10<sup>th</sup> roll, roll up grounding your hands outside your hips to pick up for a modified Kukkutasana.

**Benefits:** Garbha Pindasana cleans and tones the liver and spleen and strengthens the uterus and rectum. It activates the first three chakras. Kukkutasana strengthens the arms and shoulders, relieves urine problems by strengthening the urethra and when done with nauli cures constipation.

Garbha Pindasana and Kukkutasana both are very effective in opening the hip joints even further making your lotus more comfortable.